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TINY PAWS DRAW BIG APPLAUSE

ZOO RELEASES FIRST IMAGES OF SNOW LEOPARD CUBS PAGE 3

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The police tape was taken down around the home of Lisa Gibson, inset, but the makeshift memorial honouring the family's children continued to grow on Sunday. ELISHA DACEY/METRO; INSET CONTRIBUTED

Police confirm Gibson's body found in river

Investigation ongoing.

Canoeists spot woman who had been missing since children found

Winnipeg police confirmed Sunday that the body pulled from the Red River on Saturday morning is that of Lisa Gibson.

The mother of two disappeared after both her children were reportedly found drowned in the bathtub of their Westwood neighbourhood home on Wednesday.

Police were initially hopeful that Gibson was alive and in hiding, but by Friday they began concentrating their efforts on searching for her body on the Assiniboine River, which runs near her home.

Her body was spotted by passersby in a canoe near the Alexander Docks at the Forks, very near where the Assiniboine and Red Rivers meet.

Const. Eric Hofley said that despite finding Gibson's body, the investigation will continue.

Unknowns

Police would not confirm that the children were found drowned, how they died or how Gibson died or ended up in the river.

So far, family members have not talked to the media, except to issue a request that they be left alone to grieve.

Hofley said autopsies have been conducted on Anna, two, and Nicholas, three months, but they would not be releasing the cause of death due to the ongoing investigation. Hofley added an autopsy has also been completed on Lisa's body.

The police tape is now down around the family's home on Coleridge Park Drive, but a makeshift memorial of balloons, flowers, stuffed animals and notes of love and sadness remains piled on the property. A group of mothers held a vigil there on Thursday night. Many others have taken to social media to express their sadness and horror at the loss of two innocent young lives.

There are reports Gibson was suffering from postpartum psychosis, but Hofley said he could not confirm any details on her mental health.

ELISHA DACEY/METRO, WITH FILES FROM THE CANADIAN PRESS

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RUNNING AT 97? NOW THAT'S AWESOME

WHAT'S GOOD
Ace Burpee

This past weekend I participated in the Canadian Masters Track & Field Championships in Regina. It's basically a track meet for old people (30 years and up. Way up.) It was all kinds of awesome, for reasons that had nothing to do with me or my performance.

Let's start with this statement: YOU ARE OFFICIALLY NEVER "TOO OLD." Here's why I know this as fact: It starts with watching 94-year-old Olga Kotelko competing in the long jump. Now, even if you're in some sort of decent shape, I guarantee running as fast as you can and jumping off one foot as far as you can will result in you pulling something.

Living and walking are accomplishments at 94, but running and then actually getting airborne (she made it from the jumping line all the way into the sand pit) is something to be celebrated.

Then there was the clinic of excellence put on by 97-year-old Man Kaur. Not only did I watch her RUN the 100-metre dash (finishing in a respectable one minute nine seconds,) I then saw her follow it up by RUNNING the 400 metre dash a few hours later.

This requires no further explanation. She's 97, and had to be helped by her 75-year-old son to the top of the podium as it was almost the same height as her, but there she stood. Arms raised. Living proof that it's never too late and you're never too old. **ACE BURPEE IS A LOCAL WRITER, RADIO-SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.**

Children's Hospital fire. Teen charged with arson

Winnipeg police have made an arrest in a fire that sent smoke billowing through a hospital wing filled with children.

It was nearly midnight this past March 5 when smoke wafted through the Children's Hospital after construction materials next door were set ablaze. A large number of children, caregivers and staff had to be evacuated.

Damage to the building next door was estimated at $1 million.

On Saturday, police arrested a 16-year-old boy and charged him with two counts of arson with disregard to human life, and two counts of arson with damage to property. **METRO**

Patients were evacuated from the Winnipeg Children's Hospital in March of this year. METRO/CONTRIBUTED

June stabbing. Man facing attempted murder charge

A Winnipeg man has been arrested in connection with a June stabbing, police said on Friday.

Jose Louis Flores, 40, of Winnipeg, has been charged with attempted murder after a 36-year-old man was found in critical condition the evening of June 3.

Police said the victim was found at a home in the 500 block of Victor Street suffering from a stabbing in the upper body.

The victim, who was allegedly confronted by a male suspect that later fled in a vehicle, was taken to hospital in critical condition but was later upgraded to stable. **METRO**

Detained

- Police said the arrest of Flores happened without incident.
- He is detained at the Provincial Remand Centre.

Assiniboine Park Zoo has a new set of cubs

Snow leopard. But you won't get to see the babies just yet — they first have to explore on their own

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The Assiniboine Park Zoo shared pictures on Friday of the newest members of their animal family — two healthy, male, snow leopard cubs.

Zoo officials said the cubs, which were born at the Zoo on June 29, have completed their neo-natal exams and are growing.

"Both cubs are doing exceptionally well and growing more and more each day," said Gary Lunsford, the Zoo's acting director of zoological operations in a press release.

"We expect that within the next few weeks they'll start exploring on their own, at which point we'll be able to announce a date for their public debut."

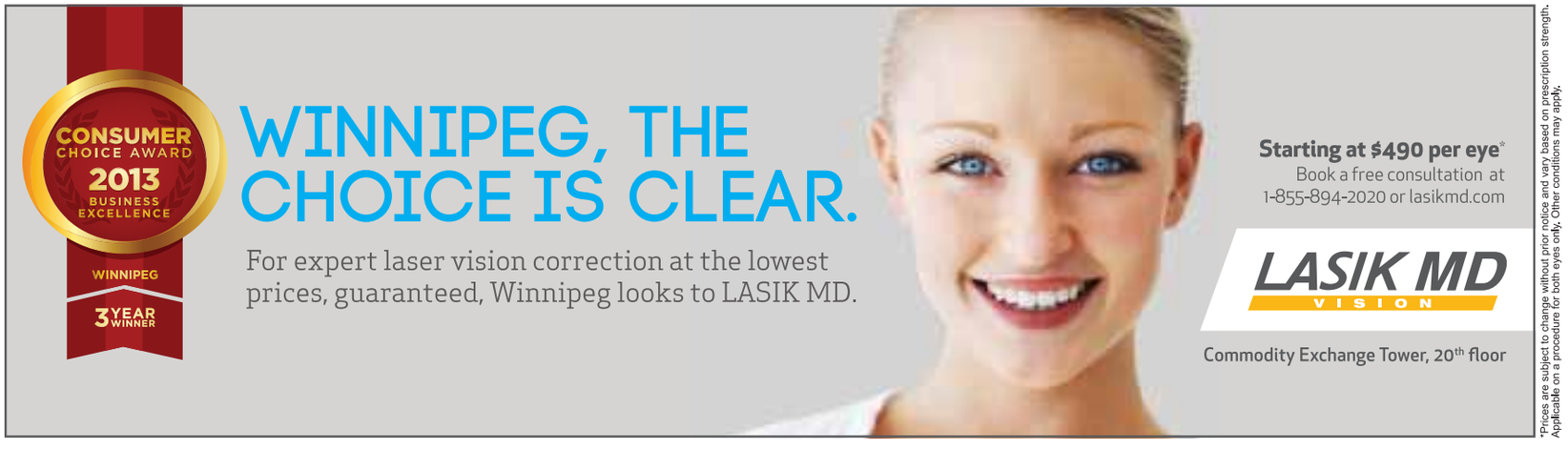
The cubs have been in an off-exhibit space since they were born to facilitate bonding with their mother, Batu, who came to the Zoo in June of 2011 from the Woodland Park Zoo in Seattle and is just over four years old.

The cubs' father, three-year-old James, came to the Zoo in September of 2011 from the Tulsa Zoo.

Not old enough

- The zoo said the cubs will likely remain off-exhibit for another three to four weeks.

Assiniboine Park Zoo officials have released the first photos of two snow leopard cubs born on June 29. ASSINIBOINE PARK ZOO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Mother begs thieves to return son's memorial

The sting of loss.
Teen's keepsakes go missing from the road where he was killed

Family members of an Alberta teen killed by a suspected impaired driver are pleading for thieves to return numerous keepsakes stolen from a roadside memorial.

Cochrane resident Brandon Thomas, 17, died Dec. 6 when police say a pickup being driven in the wrong lane slammed into his car head-on.

In his honour, friends and family established a roadside memorial at the spot where his vehicle came to a rest. It contained numerous keepsakes, including Brandon's wallet, model cars, an X-Box controller he carted around to friends' houses and a stuffed teddy bear from an ex-girlfriend he'd stayed close with.

These shots show a memorial set up in honour of alleged impaired-driving victim Brandon Thomas before and after it was apparently hit by thieves in Cochrane, Alta., on Friday. COURTESY KIM THOMAS

But, according to mother Kim Thomas, every item was stolen sometime Friday.

She and Brandon's sister have called the RCMP, Alberta Transportation and Rocky View County to see if any officials took the memorial down, but none claimed responsibility.

Kim is now pleading with whoever did take the items to simply return them to the spot, no questions asked.

"The value, dollar-wise, means nothing, but that's Brandon's stairway to heaven right there," Kim said. "We'll never replace any of that stuff."

JEREMY NOLAIS/METRO IN CALGARY

Sorrows great and small

"Somebody already took the most important thing from us — and that's Brandon."
Mother Kim Thomas

One unfair fight. Police left without a single lead after random 20-man beatdown

Police are asking for the public's help in finding the attackers involved in an early-morning swarming in Dartmouth, N.S., that sent one man to hospital.

The incident occurred at 12:30 a.m. Sunday, when a group of five adults in their early 20s were attacked by about 20 young men.

None of the victims, including three men and two women, were seriously injured in what police are calling a random and unprovoked attack.

One man was sent to hospital for precautionary reasons but was later released.

A backpack was allegedly stolen from one of the women, containing identification and a cellphone. A police K-9 unit later found the bag with the phone missing.

So far police have no suspects or leads. The attackers are all described as being in their late teens or early 20s.

ANDREW RANKIN/METRO IN HALIFAX

Girl run over

Teens surrender in apparent egging gone badly wrong

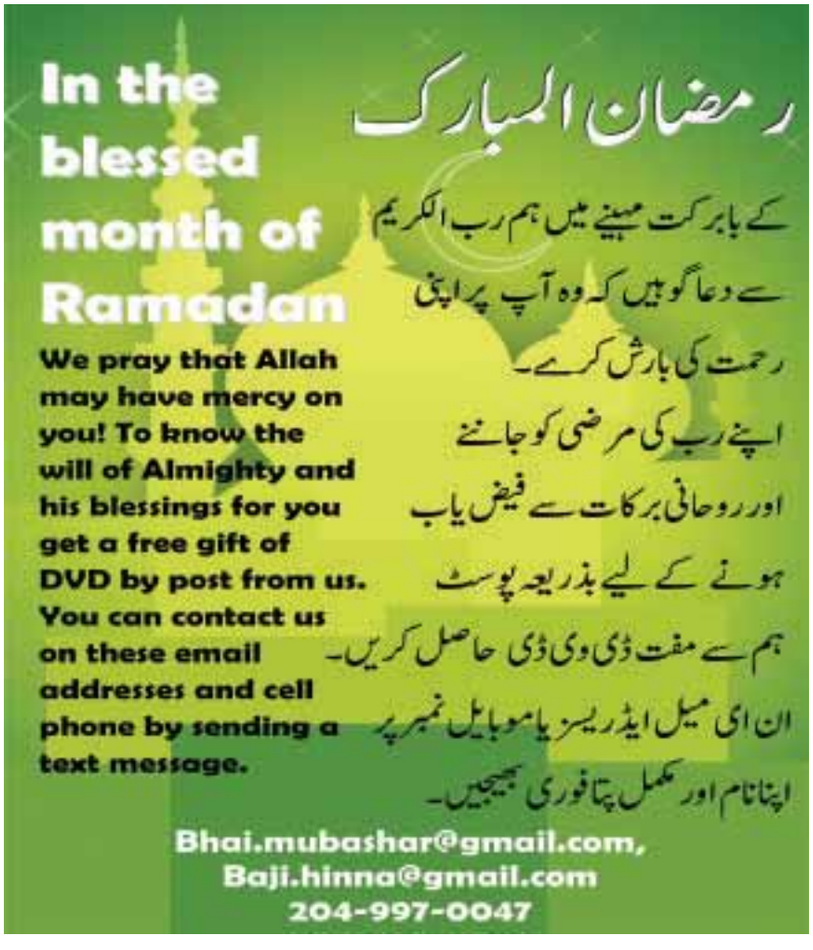
Three teen boys allegedly involved in a hit-and-run that left a girl with broken legs have turned themselves in, say police in Abbotsford, B.C.

The trio surrendered just hours after they allegedly ran the girl over.

Early Saturday, a group of teens were sitting at a bus stop when a truck slowed and two passengers started throwing eggs, police say.

One of the teens, aged 17, walked up to ask why. But the truck accelerated, running the girl over, police say. Officers will be recommending charges of assault against the two passengers and a charge of hit-and-run causing bodily harm against the driver.

METRO IN VANCOUVER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France

Thieves swipe $53M in jewels

A staggering 40 million euro ($53 million) worth of diamonds and other jewels was stolen Sunday from the Carlton Intercontinental Hotel in Cannes, in one of Europe's biggest jewelry heists in recent years, police said. One expert noted the crime follows recent jail escapes by members of the notorious "Pink Panther" jewel thief gang.

The hotel in the sweltering French Riviera was hosting a temporary jewelry exhibit over the summer from the prestigious Leviev diamond house, which is owned by Israeli billionaire Lev Leviev.

A police spokesman said the theft took place around noon, but he could not confirm local media reports that the robber was a single gunman who stuffed a suitcase with the gems before making a swift exit. The spokesman spoke on condition of anonymity because he was not authorized to discuss the matter on the record. THE ASSOCIATED PRESS

Sticking it out. Weiner pushes forward despite loss of campaign manager

Anthony Weiner vowed to stay in the race for New York City mayor Sunday despite the loss of his campaign manager and the drumbeat of critics questioning his fitness for public office after new revelations of lewd online behaviour.

Weiner confirmed that campaign manager Danny Kedem resigned Saturday after reports surfaced that Weiner had continued to exchange lewd photos and messages with women despite resigning from Congress in 2011 over the same behaviour

"We have an amazing staff, but this isn't about the people working on the campaign. It's about the people we're campaigning for," Weiner said after speaking at a Brooklyn church.

Weiner said he would keep talking about "ideas for the middle class and people struggling to make it every single day" and added, "We knew this was going to be a tough campaign."

Kedem had managed the re-election of John DeStefano Jr. to a 10th term as mayor of New Haven in 2011 and worked on Hillary Rodham Clinton's failed 2008 presidential campaign.

Anthony Weiner THE ASSOCIATED PRESS

The 31-year-old Kedem was credited with helping Weiner pull into the lead among the crowded field of Democratic primary candidates before the latest revelations about Weiner's raunchy online exchanges with women.

THE ASSOCIATED PRESS

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Demand for cyber insurance soars

Online attacks. Spate of high-profile data breaches has made firms eager to protect themselves from losses

When Brian Rosebaum started pitching cyber insurance to companies in 2006, he was met with blank stares from risk managers and resistance from information technology experts, who insisted their networks were impenetrable.

All of that has changed in the past year and a half, said Rosebaum, who heads the cyber insurance division of Aon Corp.'s Canadian brokerage arm.

"We've reached a threshold where people are now coming to us instead of us going to them," said the vice president.

Insurance brokers say the frequency of high-profile data breaches is causing a surge in demand for insurance products that protect against losses stemming from cyber attacks.

On Thursday, U.S. prosecutors charged five people with stealing 160 million credit and debit card numbers from companies including 7-Eleven Inc., JC Penney and French retailer Carrefour, calling it the largest data breach in the country's history.

Other victims of data breaches in the past few years include Sony's PlayStation Network, financial institution Citigroup and a number of Canadian government departments. THE CANADIAN PRESS

Quoted

"This is the fastest growing area of commercial insurance in the world right now."

Michael Peterson, a managing director at Marsh Canada Limited

If a turtle could talk to itself, what would it say?

Here's a new twist on zoo marketing — the San Antonio Zoo has taken to posting imaginary conversations on Facebook between the right and left heads of its celebrated two-headed Texas cooter turtle, Thelma and Louise. Zoo officials report that the turtle, who was born last month, has been doing well. Spokeswoman Debbie Rios-Vanskike says the turtle eats and swims, and that the two heads get along. Check out what the shell-backed duo has to say at facebook.com/thelmaandlouise.turtle. SAN ANTONIO ZOO/THE ASSOCIATED PRESS FILE

Nova Scotia

Mission aims to fight oyster disease

Eleven years after a fatal disease damaged Nova Scotia's oyster industry, a maritime delegation is travelling to the U.S. to learn how New England's aquaculture industry was so successfully revitalized.

The aquaculture associations of both Nova Scotia and Prince Edward Island are leading a group of about 16 researchers, industry delegates and government officials to Maine, Massachusetts and Rhode Island for a week-long visit to discuss technology and policy approaches to battle MSX disease. THE CANADIAN PRESS

Ottawa. Aircraft maker's proposal could speed up retirement of Sea Kings

The Harper government has been asked to accept the air force's long-delayed CH-148 Cyclone maritime helicopters as they are currently configured and gradually phase them into service using regular software upgrades intended to make the aircraft fully operational.

The proposal is being floated publicly by Sikorsky aircraft in the wake of a federal cabinet shuffle that has left both National Defence and Public Works with seasoned but not yet fully acclimatized ministers.

At the same time, the aircraft maker and Defence have agreed to a separate plan that would allow flight testing to begin on four helicopters that have been delivered to the military air base in Shearwater, N.S.

The evaluation, to begin in early August, inches the politically painful program ahead for the Conservative government, which has grown more impatient and vocal in its frustration over the replacement of decades-old Sea Kings.
THE CANADIAN PRESS

TRAFFIC TROUBLE? JUST ZIP IT

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Quick road-etiquette quiz: You're driving along when you see a construction sign that indicates your lane is going to close. Do you ...

a) Move over to the next lane as soon as possible?

or

b) Keep going until you get to the construction barricades, then put on your turn signal and expect someone to let you in?

If you're like most people, you probably picked option a), because it's the polite and proper thing to do. On the other hand, option b) sounds not only rude, but downright unpatriotic. It's just not the Canadian way!

But do we have this all wrong? Is squeezing into a long line early, then staring straight ahead while tailgating the car in front of you so you can keep the late mergers from getting into "your" lane really the polite thing to do? Or is this unwritten social rule just creating more traffic problems and more driver conflict?

Enter the zipper merge, the hottest new concept in traffic management that's sweeping the nation, from Saskatoon to Sudbury, Ont. Well, OK, it's only in Saskatoon and Sudbury so far, but positive early results mean it could be making its way to other cities soon.

The zipper merge is actually a remarkably simple, effective and cheap way to keep traffic moving. The basic idea is that rather than merging early, drivers should continue using both lanes and then just take turns at the point where the two lanes merge into one.

It helps reduce traffic congestion by using both lanes to store vehicles, rather than having one sit empty while the other is filled for blocks. The Minnesota Department of Transportation, which created the zipper merge years ago, suggests backups can be reduced by up to 50 per cent.

It also improves safety, as everyone merges at the same place instead of at random points along the road. And speed differences between the two lanes are largely eliminated.

For municipalities, a big advantage of the zipper merge is that it doesn't require any significant cost or special technology. The real challenge is changing driver behaviour. But for those who complain that you can't teach an old driver new tricks, the Saskatoon experience suggests you may want to zip it. That city began piloting the zipper merge on major construction projects in the spring, and the experiment has gone so well it has quickly become standard practice.

"Every time we review a lane closure, the zipper merge is now an option," explains Don Cook, acting manager of Saskatoon's transportation branch. "It has led to a lot less stress and tension."

Cook says education has been essential to the project's success. The city ran a public awareness campaign to explain the concept and created new signage that clearly tells drivers when to merge.

"There were mixed opinions at the start, but for the most part people are very willing to follow the directions," Cook says.

Taking turns? Genuinely being polite? Following orders? It sounds like the zipper merge may just be the most Canadian thing of all.

ZOOM

Faithful flood Brazilian coast

MARIO TAMA/GETTY IMAGES

Massive crowd to see Pope Francis

Nearly the entire four kilometre crescent of Rio's Copacabana's beach overflowed with flag-waving followers on Sunday for the final mass of Pope Francis' historic trip to his home continent, cheering the first Latin American pope in his final homily of World Youth Day. THE ASSOCIATED PRESS

Took a toll on the area

- The stench of garbage and human waste hung in the humid air, and the beach and adjoining chic Atlantic Avenue looked like an improvised refugee camp. Copacabana's famous sidewalks were strewn with trampled cardboard, plastic bags, empty water bottles and cookie wrappers.

One of the biggest turnouts

3 million

The Vatican said more than 3 million people were on hand for the mass, based on information from World Youth Day organizers and local authorities who estimated two-thirds were from outside Rio. That was far higher than the 1 million at the last World Youth Day in Madrid in 2011 or the 850,000 at Toronto's 2002 concluding Mass. The next World Youth Day will be in Krakow, Poland, in 2016.

The pope blesses a child as he rides in the popemobile. Hundreds of thousands of people slept in the sand awaiting the final mass. THE ASSOCIATED PRESS

Clickbait

If you tend to throw back a few too many cocktails on these balmy summer nights — and who doesn't — you may find that your judgment is a little skewed. So raise your glass to these apps that determine whether you're in shape to drive home, or if you should be calling a cab.

AlcoDroid

Gives you a blood-alcohol content estimate based on the number of drinks you've consumed. It also functions as a diary that lets you track your drinking habits over time and includes a Facebook function that updates your friends, in case you are too inebriated to do it. Available on Android.

BreathalEyes

This one is unique because instead of inputting a number of bevies, you use the phone's camera to take a video of your eye, and the app determines BAC based on the shakiness of your gaze. The downside is this does require someone you're with to have a steady hand. It's available for iPhone but an Android version will be on tap soon.

Last Call

This app is a gem for BAC calculations. Key in the drinks you've consumed, and the app will figure out how drunk you are instantly. It's been lauded for its easy-to-use interface and has some bonus features: Location-based taxi search and a list of local DUI lawyers. For iOS.

Funtoxication

Your friend claims they got "wasted" last night. Really? This app gives you proof with the ability to set up multiple profiles. The app comes with games that challenge your skills and memory while you're under the influence. For iPhone. METRO

Twitter

@metropicks asked: A two-headed turtle gets its own Facebook page. If your pet had a Facebook page, what would its status say?

@rblaprairie: My pet beta fish would always have a status that read: "this tank is still being tested"

@PlainSJ: "Owners put me down last month. AVENGE MY DEATH!"

@momomoto: "Pooping."

@VulgarViking: Oh you've returned...feed me now and I'll let you know when I want to be petted! #MyCatOscar

@FrenchmanCanada: "I'm a dog, I know how to use a computer and the first thing I do is setup a FB account. My owner was right, I am a dumb dog."

Follow @metropicks and take part in our daily poll.

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All rounder Rash makes Room for talented writers

Q&A. Oscar-winning screenwriter talks about his new show The Writers' Room and audiences' newfound respect for storytelling

NED EHRBAR
Metro World News in Hollywood

Jim Rash's resumé is already pretty robust, earning acclaim as a comic actor (Community), director (The Way, Way Back) and screenwriter (The Descendants, for which he and co-writer Nat Faxon won an Oscar), but there's always room for more. His latest gig is hosting The Writers' Room, a roundtable discussion series going behind the scenes of fan-favourite television series like Breaking Bad, Game of Thrones and New Girl.

The idea of TV being "the writer's medium" has really taken hold with audiences. Where do you think that's coming from?
I feel it's because of this rabid fan base, this need for knowledge that we all have. I feel like they have respect now for the storytelling. Not that no one had an idea where it came from, but I feel like people have a newfound respect for good stories. I think TV's in a really great place right now as far as embracing flawed, sometimes questionable people, from Dexter to Breaking Bad to any of these shows like Mad Men — complex characters that you get so frustrated by. In the age of binge-watching, catching up on shows that you missed, all these things lead you to wondering about the story.

You also have things like Comic-Con, where showrunners get as much attention as actors.
Yes, I think it's another outlet. It's another version of social interaction and connection to people that we didn't have certainly when I was growing up. We just watched the TV show, maybe read a magazine or a review.

If you could pick any series, living or dead, from the history of television for The Writers' Room, what are your dream choices?
It's tough. I'd be very curious talking to MASH writers just because I have a fascination with the balance of comedy and extreme drama and just the idea behind that show. I feel like I'd want to do a moment with the Cheers writers just because that's probably the quintessential show of my life. Then I think I would want to sit down with Lost because I have a lot of questions, being a guy who watched from the beginning with groups.

How about having Dan Harmon on The Writers' Room now that he's back running Community?
I'd love to do Community. I know that Walking Dead was on the list to be done, but it was an AMC decision. I start with Breaking Bad and then I get to do that. So I feel like there's lots of shows that would be all on board to do it. And I think a lot of them, as soon as they see what it is, I feel like they'll embrace it because it really is a celebration of what they're doing. So I hope they'll see that it's light and fun and introspective about their process.

Actor, director and screenwriter Jim Rash hosts The Writers' Room. GETTY IMAGES

Aniston sets record straight. Wedding will happen 'when it's perfect'

Jennifer Aniston is dismissing rumours about her upcoming wedding to Justin Theroux and setting the record straight.

"We just want to do it when it's perfect, and we're not rushed," the 44-year-old actress said while promoting her new film, We're the Millers.

Aniston and Theroux, 41, began dating more than two years ago and got engaged on his birthday last August. Since then, their indefinite plans have led to speculation ranging from a broken engagement to Theroux getting cold feet.

"There have been no postponed weddings. There have been no arguments about where to get married. Just clearing all that up," she said. THE ASSOCIATED PRESS

Jennifer Aniston GETTY

Hillary

Clinton mini-series in NBC pipeline

A Hillary Rodham Clinton mini-series timed to precede the 2016 presidential election is part of NBC's effort to create "event" programming that will draw viewers to the shrinking world of broadcast network TV, Bob Greenblatt, NBC Entertainment chairman, said. The mini-series, Hillary, stars Diane Lane as the former first lady and secretary of state. THE ASSOCIATED PRESS

Competition slashed

The Wolverine takes top spot

The Wolverine sliced up monsters and minions to debut atop the weekend box office. According to studio estimates Sunday, the Fox film featuring Hugh Jackman's sixth turn as the claw-wielding superhero opened with $55 million. Last weekend's top movie, Warner Bros.' low-budget horror The Conjuring, slipped to second place. THE ASSOCIATED PRESS

Amanda Bynes' parents worried about their cash cow?

Amanda Bynes' parents' first attempt to secure a conservatorship over their troubled daughter didn't pan out, but they're not giving up just yet.

Rick and Lynn Bynes have filed a petition requesting they be appointed Amanda's temporary conservators until a more permanent decision can be made.

"We are deeply concerned that Amanda poses a substantial risk to herself, to others and to property based on recent events in her life," the petition reads, according to TMZ.

The document points to "extremely paranoid" behaviour.

"She would cover smoke alarms with towels, tape windows shut and cover her car's dashboard with cardboard and tape" because she claimed that "cameras were watching her from inside these places," according to the document.

Rick and Lynn are mostly worried about the amount of damage Amanda could do with her $3.3 million in assets.

Amanda Bynes.
ALL PHOTOS GETTY IMAGES

"We are informed and believe that a substantial amount of money is being used to pay for marijuana and other illegal substances, and possible plastic surgery," the petition states.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Are creepy old men not a sought after demographic?

STARGAZING
Malene Arpe
scene@metronews.ca

A Taylor Swift's Biggest Fan contest is cancelled when it looks like a creepy 39-year-old man is going to win. "Not so fast, there" says Taylor. "Is he perhaps someone who could potentially cause me to experience a dramatic May-December-type heartbreak? Does his name rhyme with 'sadness?'"

Friends are reportedly concerned Emma Roberts is turning into the next celebrity train wreck. "But," says Lindsay Lohan, "my reign has only just begun."

Dina Lohan was reportedly drunk and slurred her words when she called Lindsay in rehab for a long-distance family therapy session. "Try topping that, Emma Roberts. I dare you," says Lindsay.

Celebrity Math. Question: If David Spade's mansion sells for $10.3 million after six years on the market and Goldie Hawn and Kurt Russell sell their Malibu mansion for $9.5 million, how will Courtney Love pay the $260,000 she owes in taxes? Answer: By asking Justin Bieber, who made $58 million last year, Spike Lee who's trying to raise $1.25 million on Kickstarter and Teen Mom star and bottomless well of ignorance, Farrah Abraham, who has so far made $119,576.39 off her sex tape.

Kristen Wiig

Bridesmaids star back on the market

Kristen Wiig is back on the market.

The Bridesmaids star has reportedly split from the Strokes drummer Fabrizio Moretti after a year and a half of dating, according to Us Weekly.

A source says the breakup was "completely amicable. They are friends."

Moretti was previously involved with Wiig's pal Drew Barrymore for five years.

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Book Excerpt

Vacay 4-1-1

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When it comes to family vacations, you don't want to leave anything behind — not a child, not a bathing suit, not a toothbrush, and certainly not your established rules and routines.

Is it a drag sticking to routines while on holidays? Absolutely. Is it worth it? One hundred per cent. Sure, go a little crazy with food (and wine, for Mom and Dad only), but try to keep the lid on such things as letting the kids stay up hours later than they usually do. Any child under three will not sleep in to make up for lost time, and they will be cranky.

It's also important to keep some basic rules around meal time alive during a holiday. If soda pop is not allowed at breakfast at home, it's probably good to stick with that during a road trip as well. Finding the time to have at least one nutritious meal a day can make a big difference, both in your waistlines and in helping the kids feel good.

Personal hygiene is another thing you don't want to let go, particularly if you are dealing with teenage boys who have already minimized their shower- and tooth-brushing time to infinitesimal levels. If Wednesday is "shower night" at home, keep it going while you're away. Trick them into thinking a Tuesday is a Wednesday if the logistics don't work. What? You're the boss!

FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS AVAILABLE AT BOOKSTORES EVERYWHERE. (MCCLELLAND & STEWART, 2013)

Online

Yet another reason mommy drinks? The Fair. Follow the (mis) adventures of parenthood at metronews.ca/voices, and pre-order Reasons Mommy Drinks: the book at Amazon.ca

Things better left unsaid

Parenting. What's that rash? Forget sex. In my day. You look great! are among things not to say to new parents

From diet tips to "little baby, little problems," sleep-deprived and new parents have heard it all. And they want you to stop.

Most every new parent has a greatest hits of lame advice and annoying remarks. For fitness buff Brook Benten, mom of four-month-old Hayes, her list included her post-baby body.

"My swollen uterus made me look like I was still five months pregnant," said the Round Rock, Texas, mom. "I was elated to be a mother, but I knew good and well that I looked baaaaad. Well-intending visitors would look me once over and say, 'Wow! You look great!'"

Brandi Jordan, who owns a parenting resource centre in Los Angeles, said the way to avoid ticking off new parents is pretty simple.

"I think that people should not give advice. Period," she said. "People see it as open license when they see someone with a baby to give them their opinion on how they should have socks on, or they should have a hat on, or they need sunblock, or you shouldn't be taking them out, they're too young. Some people make themselves armchair experts because they've read a lot of things."

That, she said, is why the what-not-to-say problem is so out of control these days. Blogs, social networks and simple online searches are the armchair expert's best friends, said Jordan, who has a six-year-old.

Instead of advice, how about not coming over for a visit when you have a cold, even though you think you and your kids are no longer contagious?

But she also has a suggestion for new parents: How about not rejecting outright the experiences of your own parents due to their grandparently status?

"A lot of new parents discount what their own parents actually know, but a lot of grandparents do have good traditional things that work really well," she said.

First, she said, parents need to realize that they really do need help.

"Before, you didn't need help because your family was right there and did everything, but so many people are far removed from their families."

When visiting parents with new babies, leave lame advice at the door. ROBERT DABBS/ THE ASSOCIATED PRESS

But make sure help is help. Visits should be 10 minutes, not two hours, in the early days unless you plan to throw in a load of laundry, do dishes or cook a meal.

Dr. Richard So, a pediatrician at Cleveland Clinic Children's hospital, has three kids of his own. The youngest is not yet two.

His advice for well-meaning loved ones: "Ninety per cent is just reassuring that mother that she's doing the right things, that she's not going to harm her baby," he said. "All a new baby needs to do is eat, sleep, poop and grow."

THE ASSOCIATED PRESS

CLEAN UP YOUR ACT
SimplyRecycle.ca

MMSM
Multi-Material Stewardship Manitoba
Industry funding recycling

Flavours of Italy sans pots of bubbling pasta sauce

This salad serves four. ROSE REISMAN

ROSE REISMAN
rosereisman.com

Bocconcini are small semisoft mozzarella cheeses. They come in large or mini balls. If you are using the larger ones, cut them into quarters. Today, bocconcini cheese is made from a combination of water buffalo milk and cow's milk.

Ingredients

Salad
- 2 tsp (10 ml) vegetable oil
- 1/2 large sweet white onion, thinly sliced
- 1 tsp (5 ml) brown sugar
- 2 large field tomatoes, cut into 1/4-inch (6 mm) slices
- 4 plum tomatoes, each cut into 4 wedges
- 1 1/2 cups (375 ml) cherry or grape tomatoes, cut in half
- 2 oz (60 g) mini bocconcini cheese, thinly sliced
- 1/4 cup (60 ml) halved olives

Dressing
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) 3% sour cream
- 1 tbsp (15 ml) light mayo
- 1 1/2 tsp (7.5 ml) balsamic vinegar
- 1/2 tsp (2.5 ml) honey
- 1/2 tsp (2.5 ml) chopped garlic
- 3 tbsp (45 ml) chopped fresh basil for garnish

1. Salad: Lightly coat small skillet with cooking spray and add the oil. Sauté onion slices over medium heat 10 minutes or until tender and lightly browned. Add sugar and sauté another 5 minutes. Set aside.

2. Arrange the tomatoes, bocconcini and olives on a serving platter. Place the caramelized onions on top.

3. To make the dressing: Whisk together the oil, sour cream, mayonnaise, vinegar, honey and garlic until well blended. Pour the dressing evenly over the salad and toss. Garnish with basil and serve.

Who says all salad has to be boring?

Having salad for dinner may sound boring, but it doesn't have to be. It's easy to toss together a delicious (and nutritious!) salad that goes way beyond the lettuce-tomato-cucumber routine that becomes all too tiresome all too quickly.

This recipe makes four entree-sized salads. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Two 15-oz can chickpeas, drained, rinsed and dried with paper towels
- 5 tbsp olive oil, divided
- 1 tsp curry powder
- Salt and ground black pepper
- 4 tbsp rice vinegar
- 4 tsp brown sugar
- 2 tsp Dijon mustard
- 1 bunch Swiss chard, chopped
- 5-oz package baby arugula
- 1 seedless cucumber, sliced
- 4 stalks celery, thinly sliced
- 3 nectarines, pitted and thinly sliced

Protein suggestions
- Soft-boiled or poached eggs
- Sliced cooked chicken breast
- Cooked shrimp
- Lightly seared and thinly sliced steak
- Marinated tofu or seitan
- Feta or halloumi (Greek grilling) cheese

1. Heat the oven to 400 F.

2. In a medium bowl, toss the chickpeas with 1 tablespoon of the olive oil. Add the curry, then a little bit of salt and ground black pepper, as needed. Toss well to coat evenly, then spread the chickpeas in a single layer on a rimmed baking sheet. Roast for 30 minutes, then set aside to cool.

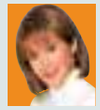
3. Meanwhile, in a small bowl, whisk together the remaining 4 tablespoons olive oil, the rice vinegar, brown sugar and Dijon mustard. Season with salt and black pepper. Set aside.

4. In a large bowl, mix together the Swiss chard, arugula, cucumber, celery and nectarines. Drizzle the dressing over the salad, then toss gently to coat. Divide between 4 serving plates. Top with the roasted chickpeas and your choice of protein.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Little poppers are hits at get-togethers, but don't feed your guests calories, fat and sodium by serving the wrong ones.

6 Heinz stuffed jalapeno peppers

560 calories/36 g fat/1,200 mg sodium

Cream-cheese-stuffed and fried peppers are a high caloric and fat app, with a day's worth of sodium.

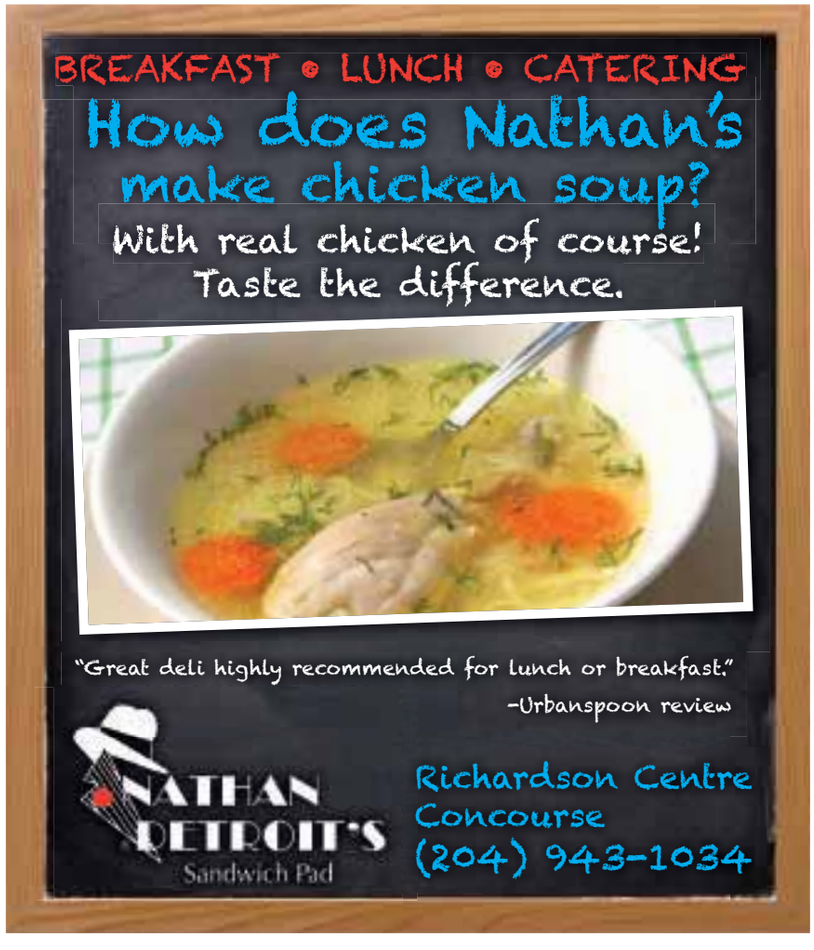
Equivalent

Six Heinz-stuffed jalapeno peppers are equivalent in fat to 20 vegetable egg rolls from M&M Meat Shops.

7 M&M Zucchini sticks

170 calories / 9 g fat / 380 mg sodium

Even though these are breaded and deep fried, they are much lower in fat, calories and sodium than the stuffed jalapenos.



How to make that major decision

Specialize this. A fresh crop of high school grads are gearing up for campus life — but how do you know what to study?

JULIE KAYZERMAN
Metro World News in New York

Take a deep breath and investigate your options at school — don't pick your major at the door. ISTOCK

For graduating seniors in high school, the excitement of completing the university or college application process and heading off to school just can't be matched. But often, the excitement ends where the anxiety about choosing a major — and the big life questions that come with it — begins. In their new book, The Secrets of College Success, professors Jeremy S. Hyman and Lynn F. Jacobs share their tips for students looking for the right major.

Take a minute

Upon entering university, many students are encouraged to declare a major right away, but according to Hyman, that isn't necessary. "We recommend the following: don't major at the door!" she says. "I don't think picking a major is all that important and I think when possible, it's good to delay."

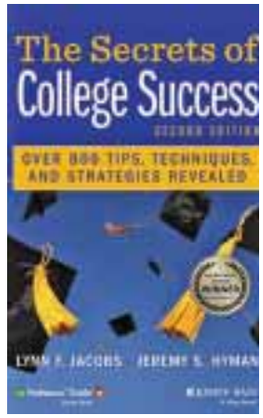
Take advanced courses

Many schools offer introductory courses that are watered-down introductions to subjects as a whole. Therefore students don't really get a sense of what the major is like until they take advanced courses, according to Hyman.

"When possible we think it's best to test the waters," she says, "especially if you can take one or two upper division courses before putting down your quarter."

Go with what you love

It's important to pick something you're interested in, but many students have varied interests and have trouble when focusing on just one course of study. "A lot of students like to double and even triple major and sometimes add a minor or two as well," says Hyman. "This can be a good idea if the majors have some relation to each other, but we think a far better idea is that you have a primary interest." According to Hyman, when picking a major, you are committing yourself to 10 or 12 required courses, so picking two majors — especially ones that don't relate to each other — can be a tough venture.



Don't focus too much on the money

"When you major in something, especially (when it is an) undergraduate major that is followed by graduate school," says Hyman, "you're having to pick a career 10 years ahead of yourself and what you think will be good 10 years from now."

Hyman urges students to use caution when thinking so far ahead, because high-paying career choices can change, and so can the interests of the student. "When picking the major, the student should be an educated consumer and (should) use the sources available rather than just lunging at something because they've done it before."

Your major and your career don't always have to be the same thing

Of course there are fields such as health care and information technology that require specific training and Hyman says it makes sense to match your major to a career. However, she says that picking a major is not the end-all, be-all decision. "What businesses complain about most when they hire people is not that they have the wrong major," Hyman says, "but that they have bad writing, analytical or interpersonal skills." Furthermore, Hyman says that there is no real rush. "Students think when they pick a major they're locked in for life to that major and that career. Beginning students should realize that at many colleges it's extremely easy to change a major."

No clue what to do?

Don't panic. According to Hyman, it is best to ask other people what they're doing and how they like it. "Take more courses, talk to more people, don't panic."

Brian Best, left, and his father David have turned to crowdfunding to save their family farm. THE CANADIAN PRESS

Crowdfunding only limited by imagination

Show me the money. More businesses turn to the public for help

Crippled by mounting financial debt, father and son duo David and Brian Best had few options left to save the potato farm their family has operated in Tryon, P.E.I., since the early 1930s.

It was a customer who dropped in to Best Acre Farms to buy seed potatoes that sparked the family's current bid to save their livelihood — crowdfunding.

"I told him I was pulling strings to find out how I can source money, and he said, 'Well, you might try crowdfunding,'" said Brian Best.

Best did just that, and without a crop in the ground, he has dedicated much of his time to the online campaign, which aims to raise $200,000 by Aug. 1.

As of Thursday, the campaign on Indiegogo.com has generated around $8,000.

Websites like Indiegogo.com are drawing people from across Canada to crowdfunding, and the types of campaigns they fund vary widely. Whether it's building a school in Africa or trying to secure the release of an alleged video that appears to show Toronto's mayor smoking crack cocaine, the possibilities are endless.

Regardless of the cause, the components of a successful crowdfunder often remain the same, said Sandeep Pillai, a graduate student at the University of Toronto's Rotman School of Management who has studied crowdfunding.

"That ability to engage people ... is very critical in a crowdfunding campaign. Let it be a potato farm, let it be a solar watch, let it be a coffee down the street, whatever it is," said Pillai. "When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd."

Pillai said the idea of crowdfunding isn't new, but its accessibility is.

"It's a sign of the times," said Pillai. "There's a venue to do it; before there was not."

THE CANADIAN PRESS

Quoted

"When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd"

Sandeep Pillai, crowdfunding expert

The greatest intern fails

Horror stories galore — including dead dogs and Twitter meltdowns

KATHRYN GILBERT
Metro World News

Cinema reflects all our real life hopes and fears — love affairs, the much feted zombie apocalypse, rags to riches tales, the list goes on. And its latest addition is that post-college, unpaid right of passage, as portrayed by Vince Vaughn and Owen Wilson's straight-shooting-titled The Internship. But is it a hope or a fear? In a job market where you need experience to get experience, persuading someone to let you work your ass off for them for free is tough. From hydration politics (for real) to social media meltdowns, we've rounded up the best internship stories. Or perhaps that should be the worst internship stories.

Alan TBH Plumptre

Hats off to the intern who managed to inadvertently allow the death of one of the fashion world's most beloved pets. The intern in question was walking Tatler's in-house dog when his head got stuck in the revolving doors. Despite the media being up in arms over this, nothing is now known of the culprit of the crime — a.k.a. the intern. A silence that speaks volumes.

The intern who tried to bring down Hearst

Diana Wang, the "Intern Muckracker," tried to fight the good fight. Her four-month-long accessories internship with Harper's Bazaar ended in a lawsuit against Hearst that grabbed international headlines. Wang claimed that her 40-hour plus weeks and duties went beyond the legal limits of her arrangement. But whilst it was a brave thing to do, it also didn't really work. Other interns refused to jump on the class action bandwagon and so now her case is limping on solo.

The great Marc Jacobs Twitter implosion

If you're going to break rank and air your dirty laundry in public, there probably isn't a worse way to do it than via social media. Especially not on an account with more than a million followers. But after deciding he couldn't hack it anymore, the intern in charge of Marc Jacobs Intl.'s Twitter informed the entirety of the Internet: "Good luck! I pray for you all. If you get the job! I'm out of here. See ya! Don't want to be ya! Roberts a tyrant! Seriously! He is tough!"

The caste system – via water cooler

Dead dogs, lawsuits and highly public breakdowns have nothing on this horror story. Reported by Fashionista, one former intern wasn't allowed to use the same water cooler as the paid employees. We'll just leave you with that one.

The Tumblr uprising

We have no idea who is behind the new Tumblr called Fashion Intern Problems but it channels the hopes, fears and anxieties of a multitude of souls. Plus, it reads like an entire season of The Hills — if it were written by Lauren Weisberger. And it's got a lot of Beyoncé GIFS. So, you know, win-win.

new program · starts September
Heal With Your Hands!
Become A Massage Therapist.
Why Robertson?
✓ Robertson's extensive employer network
✓ Financial Aid Officers to help you with funding
✓ Lifetime Career Services
✓ Hands-on program
✓ Student Laptop Program
ROBERTSON COLLEGE
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www.robertsoncollege.com
or call 204.800.7936 Classes start in September!

4611
4611
Railway Conductor
Information Session
Train for exciting careers in the railway industry!
Get the theory and hands-on training in a working rail yard
needed to launch your career as a Railway Conductor.
Date: July 30, 2013
Time: 7:00 pm - 8:30 pm
Location: White Lecture Theatre
2055 Notre Dame Avenue
Intakes: September, January and May
rrc.ca/railway
Red River College
Reach beyond with Continuing Education
204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/coned

Steady Snedeker masters Glen Abbey

Golf. Nashville native gets big break along the way to win his first Canadian Open

American Brandt Snedeker hugs his Canadian caddie Scott Vail after winning the Canadian Open on Sunday evening in Oakville, Ont. NATHAN DENETTE/THE CANADIAN PRESS

Brandt Snedeker shot a 2-under par 70 on Sunday to win the RBC Canadian Open by three strokes.

The 32-year-old, who took the lead on Saturday when second-round leader Hunter Mahan withdrew after his wife unexpectedly went into labour, finished at 16 under for the tournament at Glen Abbey Golf Club for his second victory of the season and the sixth of his career.

"This is a tournament I said early on in my career I wanted to win just because my caddie is actually from Canada and it's his national open. It meant a lot to him, meant a lot to me," Snedeker said. "Third oldest tournament on Tour and it's got some great history to it, and now to put my name on that trophy, it means a lot."

Dustin Johnson (70), Matt Kuchar (71), William McGrit (68) and Jason Bohn (71) tied for second at 13 under.

Mahan was seemingly at the top of his game and had a two-stroke lead at 13 under after Thursday's 67 and Friday's 64 before rushing home to be with his wife, Kandi, who gave birth to daughter Zoe Olivia Mahan early Sunday in Texas.

"Zoe will be getting a very nice baby gift from me. I can't thank Kandi enough for going into labour early. I don't know if I'd be sitting here if she hadn't," Snedeker said with a laugh.

Snedeker was 1 under on the day after the front nine and birdied No. 10 to move to 16 under overall. He gave that shot back on No. 12, but birdied No. 16 and parred No. 17 and No. 18 to secure $1,008,000 of the $5.6-million purse.

Kuchar said the breezy conditions made for a tough final round.

"Today was by far the hardest day. The wind was strong and coming from a different direction," he said. "Snedeker played some great golf. I played with him Thursday and Friday. He was just so steady and played good for four days."

THE CANADIAN PRESS

Northern slump

David Hearn of Brantford, Ont., was the top Canadian with a final-round 73 to finish at 4 under.

- Mike Weir of Brights Grove, Ont., shot an even-par 72 to finish at 3 under.
- A cut line of 1-under par eliminated several Canadians on Friday, including Graham DeLaet (73) of Weyburn, Sask.
- The last Canadian to win the national open was English-born Pat Fletcher in 1954. The only Canadian-born golfer to win the tournament was Karl Keffer (1909, 1914).

Baseball

Fish take see-saw battle vs. Aigles

After splitting the first two of their four-game interleague series against the Trois-Rivieres Aigles over the weekend, the Winnipeg Goldeyes took Game 3, coming back to win 6-5 in a dramatic ninth inning in front of 5,747 sun-kissed fans.

Winnipeg starter Matt Rusch was rolling as he entered the sixth with a 3-0 lead and only a single hit against him. After allowing a pair of runs, Rusch was pulled in favour of Kaohi Downing who promptly gave up a three-run blast to the first batter he faced to put Trois-Rivieres up 5-3.

Winnipeg responded immediately as Ryan Scoma's RBI-double cut the lead in half before he eventually crossed home on a Casey Haerther bloop single.

Winnipeg notched the winner in the ninth,on a pair of Trois-Rivieres errors.

Fehlandt Lentini broke the all-time independent baseball league record for career steals in the second with his 332nd. Lentini's 153 swipes as a Goldeye trail Brian Duva's 180 for the franchise record.

DARRIN BAUMING/FOR METRO

Don't cross the boss

"That fight sucked so bad."

UFC president Dana White was less than impressed with the welterweight bout between Kelowna, B.C.'s Rory (Ares) MacDonald and Jake (The Juggernaut) Ellenberger in Seattle on Saturday. MacDonald won comfortably but drew boos from the crowd after fighting a methodical match in which he used jabs and straight kicks to keep a safe distance away from his shorter opponent.

Rasmus lifts Jays over Astros with walk-off

Colby Rasmus, centre, celebrates his walk-off single with his Jays teammates on Sunday in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Colby Rasmus tried to forget everything that happened early Sunday afternoon.

An 0 for 3 start to the day didn't help the Toronto Blue Jays much, especially when he popped out in a big spot in the seventh inning. But when the Houston Astros chose again to intentionally walk Edwin Encarnacion to get to Rasmus in the ninth, the centre fielder came through with the game-winning single to give the Blue Jays a 2-1 walk-off win.

"It set up the way they want it to, in their favour, with a base open able to walk Eddie," manager John Gibbons said. "And then Colby stepped up."

Umpire quagmire

"I've been trying to control myself as much as I can. But it is something that I'm not as good at as other players."

Jays outfielder Jose Bautista, who was thrown out of Sunday's game for arguing a called strike that led to a strikeout in the seventh inning.

It was shaping up to be a day of missed opportunities. The Jays stranded 12 runners and had plenty of chances to take the lead.

"The at-bat before that was a tough one," Rasmus said. "The last at-bat I went up there telling myself I'm looking for a cookie and I'm not swinging at nothing else until I have to."

Jays right-hander Todd Redmond had his best major-league start. The converted reliever struck out a career-high 10 in six strong innings.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't start the week in a negative frame of mind. Everything will be resolved to your complete satisfaction over the next seven days – as the Sun in your fellow Fire sign of Leo suggests.

♉ Taurus
April 21 - May 21
Recent setbacks may have been disappointing but you will begin to see them in a more positive light over the next few days.

♊ Gemini
May 22 - June 21
Beneath that cool exterior you are worrying about all sorts of weird and wonderful things. Why? It's really all good.

♋ Cancer
June 22 - July 23
Life has taken a more serious turn in recent days and you will certainly have to take a more responsible approach to matters related to your finances this coming week. Do whatever it takes to make ends meet.

♌ Leo
July 24 - Aug. 23
Something you hear today will no doubt worry you a bit but if you make an effort to read between the lines you may discover that the "facts" are not quite what they seem.

♍ Virgo
Aug. 24 - Sept. 23
An interesting offer will come your way today but you are more than a little suspicious about it. Why would someone you hardly know want to help you? Whatever the reason it's a genuine offer, so say "Yes".

♎ Libra
Sept. 24 - Oct. 23
You don't need an excuse to have a good time so don't bother looking for one. The Sun in Leo demands that you spend as much time as you can with your real friends – they're the ones who make you laugh.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens keep your wits about you and keep your eyes and ears open for opportunities you can exploit.

♐ Sagittarius
Nov. 23 - Dec. 21
If something is bothering you – and it is – then you must pluck up the courage to ask for advice, even though you hate to reveal you are not in control.

♑ Capricorn
Dec. 22 - Jan. 20
From the look of your solar chart it seems you are in possession of inside information that can be used to further your ambitions. Is it immoral to do so? Of course not.

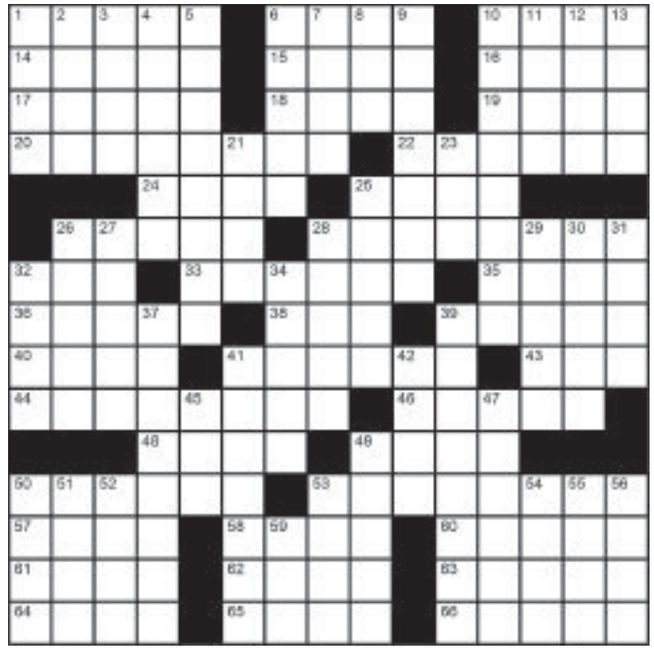
♒ Aquarius
Jan. 21 - Feb. 19
Someone is trying to grab your attention and sooner or later you are going to have to see what they want. Make it sooner if you can because if you are obliged to do them a favor

♓ Pisces
Feb. 20 - March 20
You seem to have overdone it a bit over the past week or so and now you must rest and recuperate. Even if you still seem strong physically your mind is certainly feeling the strain. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

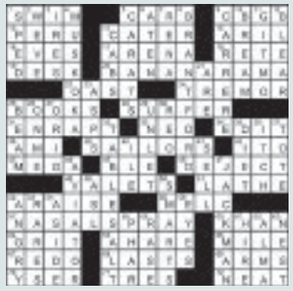
BY KELLY ANN BUCHANAN



Across
1. Beyonce's alter-ego, __ Fierce
6. Guns the engine
10. Succeed antonym
14. Mil. rank, __. __.
15. Fail to mention
16. Gloriole
17. __ __ pursuit, as police-to-a-criminal
18. Knocked noggin result
19. Thingy
20. Tortilla chips brand
22. This clue's direction
24. "Let's leave __ __ that then."
25. Island of the Marianas
26. Vancouver-born actress, Kristin __
28. Where Queen Elizabeth summers in Scotland, __ Castle
32. Observe
33. Singer Mr. Rucker
35. Three x Three's answer
36. Dumbstruck: 2 wds.
38. Finish
39. __ Temple Pilots
40. Constellation for the star Vega
41. Chuck's bride on July 29th, 1981: 2 wds.
43. __ du jour = Juice of the day
44. British Columbia city
46. Killer whales
48. Ad-__ (Improvises)
49. Toronto attraction, Casa __
50. Sir Mackenzie __ (Prime Minister, from 1894 to 1896)
53. 'D' of TD Bank
57. Oomph
58. Sigher's word
60. Hamilton street; or, "Lost" character
61. Sell
62. "The Good __" on CBS
63. "_ __ the news today, oh boy..." - The Beatles
64. Lotus position-doing class
65. Hardens
66. Ms. Perry's of music

Down
1. Skirt feature
2. __ time (Never): 2 wds.
3. Learning insts.
4. Band #33-Across fronted, __ & The Blowfish
5. Elevation
6. Sci-Fi flick 'creature'
7. Aussie birds
8. Bathroom cleansing brand
9. As per #41-Across, where the royal nuptials took place: __. __ Cathedral
10. The __ Banff Springs Hotel
11. Driveway sight
12. Burns up
13. Getaways
21. "...we'll __ _ cup o' kindness yet..." - Robert Burns
23. Ms. Diaz, to pals
25. Tacky
26. Country in Africa
27. Weaponize again
28. Adheres
29. Spanish wine region
30. __ horribilis, 1992 for The Queen
31. Spike and Bruce
32. Fancy fabric
34. Brings in
37. Niagara Falls-crossing daredevil Nik
39. Nunavut's __ National Park
41. Canadian grocery store chain
42. Ruination
45. Salad dressing ingredient
47. Saskatchewan town
49. Misplaces
50. Bunch
51. Spread-for-bread
52. Wedding dress designer Vera
53. Wacky
54. Actor/rapper, __-_
55. "That's fine."
56. Mr. Beatty's
59. Fib

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 23° MIN: 14°	MAX: 23° MIN: 13°	MAX: 24° MIN: 16°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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